

# ROSA'S MEATLOAF\*

2 lb. ground chuck

2 envelopes onion soup mix

1 can Pet milk

Mix ingredients together and place in oblong glass casserole dish (per Wayne's recollection) and bake until done. (Wayne says she sometimes baked it in a deep glass dish. Either way, it sure was good, he says!)

# PATSY'S RECIPE CONTRIBUTIONS

## LOUISIANA RED BEANS AND RICE

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| 1 bag Camellia red kidney beans,<br>washed and drained | 3 bunches green onions, chopped                          |
| 1 stick butter   | 1 Tbsp. salt   |
| 1 clove garlic, chopped                                | Tony Chachere's Creole Seasoning                         |
| 2 to 4 ribs celery, chopped                            | Tabasco, to taste, if desired                            |
| 1/2 to 1 bell pepper, chopped                          | 1 1/2 to 2 lbs. Smoked, link sausage,<br>Sliced 1/4 inch |
|  | 3 or 4 bay leaves  |

Soak beans overnight. Drain. Cover with water and cook, with 1 Tbsp. or so of salt. In separate skillet, melt butter and add garlic, celery, bell pepper, green onions and sauté until celery is transparent. Add sliced sausage to vegetables and lightly brown. Add sausage and vegetables to beans. Add bay leaves and liberal amounts of Tony Chacere's Creole Seasoning to taste (Tony's seasoning has some salt in it, so from this point adjust seasonings accordingly. 1 or 2 Tbsp. of Tony's should be adequate – more to taste!)

Cook 2 to 3 hours, stirring frequently and adding water if needed. Taste and add more Tony's if desired. Add Tabasco if desired. Serve over steamed rice. A Louisiana treat!!

Remember ..... the secret to Cajun cooking is the seasonings. Cajun food does not mean it has to be hot! But it does have to be seasoned!!! Hot, as in any type of cooking is a personal taste preference only.

# JAMBALAYA

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| 1 lb. ground meat   | 2 bunches green onions, chopped  |
| 6 skinless, boneless chicken breasts,<br>cut in 1 inch pieces | 2 cups Mahatma long grain rice   |
| 2 links sausage, cut in 1/4 inch pieces                       | 4 cups water                     |
| 3 Tbsp. fat or 1/2 stick butter                               | 2 tsp. salt                      |
| 4 or 5 ribs celery, chopped                                   | Tony Chachere's Creole Seasoning |
| 1 clove garlic, minced  | Tabasco, as desired              |
| 1/2 to 1 bell pepper, chopped                                 | 2 Tbsp. Kitchen Bouquet          |

Melt butter or fat in large dutch oven. Add celery, garlic, bell pepper and green onion. Sauté until vegetables wilt. Add chicken and sprinkle liberally with Tony Chachere's Creole Seasoning. Add ground meat and cook until ground meat is browned and chicken is tender. Add sausage and lightly brown.

Add rice. (At this point, I would tell you to continue cooking until rice is browned without burning. However, my secret is to add enough Kitchen Bouquet – about 2 Tbsp. – and stir well so that rice turns brown from the Kitchen Bouquet. The effect, as well as the taste is the same and it only takes a moment!) Add water. As the water is coming to a boil, add liberal amount of Tony Chachere's Seasoning, salt and Tabasco. (To tell if seasonings are correct, you can taste the liquid to see if it is seasoned well). Once the water boils, **DO NOT STIR!** Place lid on pot and reduce heat to simmer and continue cooking for 30 minutes. **DO NOT PEEK!** Serve with salad and fresh French bread, and you have a traditional CAJUN meal. Or, if you eat at Wayne's house, you will be served his traditional cornbread!

Jambalaya always has ground meat and sausage. However, instead of chicken, you may substitute shrimp or oysters. When adding seafood, wait to add to pot until the water boils.

Bon Appetite!

\*\*\*Hint for leftover Jambalaya. This dish typically does not reheat well. However, I found that placing in sauce pan with a can of diced tomatoes and simmer until warm will produce a leftover dish that is almost better than it was originally!!

# LOUISIANA GUMBO

*A word about Gumbos:*

Gumbo is an original creation and a cherished possession in South Louisiana kitchens. It may be made with file' or with okra as a thickening agent. File' is the powdered sassafras leaf; it used to be made by the Choctaw Indians. Their word for sassafras is "KOMBO" from which we get our word --- "Gumbo". If using File', it is not added until just a minute before serving, whereas okra is cooked with the gumbo. File' is added AFTER the gumbo is removed from the heat. In fact, the best way, is to add a bit of File' to the serving bowl, or to allow the guest to add his own file' to his gumbo. File' is never added while gumbo is cooking because boiling after the file' is added tends to make the gumbo stringy and unfit for use.

Gumbo is a wonderful means of using leftovers; bits of ham or a hambone, turkey, duck, chicken or chicken carcass, sausage, seafood like shrimp or oysters. (When using a carcass or a hambone, boil the bones and use the stock in the gumbo.)

Gumbos are subject to infinite variations; all the ingredients are interchangeable in the following recipe for basic gumbo. The thickness of the gumbo depends on the amount of water. Gumbo is best served over mounds of hot rice in a large flat soup bowl.

*And now, to prepare to make a gumbo, you must first know the foundation of gumbos, sauces and gravies from Louisiana kitchens. When beginning to share a recipe, good French cooks will tell you ...*

**"FIRST, YOU MAKE A ROUX!"**

# BASIC ROUX

**ROUX** is an equal mixture of oil and flour that is browned and used as a thickening base for many of the South Louisiana dishes, such as stews, gumbos, e'touffees" and sauce piquant. It not only thickens, but it also gives a different, quite distinct flavor due to the browning of the flour.

1 stick butter or 1/2 cup oil or                      1/2 cup flour  
bacon drippings

Melt the butter, shortening or bacon drippings in thick pot or skillet. Add the flour and stir constantly until *dark* brown, being careful not to burn. This takes some time and must be watched constantly. If there is the slightest indication of overbrowning, dispose of the ROUX and start over. Even a slightly burned roux will ruin a savory dish. To this basic roux, add seasonings and stock to make various sauces and gravies. Traditionally, chopped bell pepper, minced garlic, chopped green onion and chopped celery are added for use in almost all stews, gumbos, etc.

Extra roux may be kept in the refrigerator, or even frozen so you will be ready at any time to put together a delicious gumbo or stew.

# QUICK ROUX ala MICROWAVE!

Cooking time: 12 minutes  
Utensil needed: 4 – cup glass measuring cup  
Makes 4 cups

2 /3 cup oil

2 /3 cup flour

1. Mix oil and flour together in a 4-cup measure. Microwave uncovered on **HIGH 6-7** minutes. Stir at 6 minutes – Roux will be a light brown at at this time and will need to cook 30 seconds to 1 minute longer to reach the dark brown color so important in making Louisiana gumbos and stews. The Roux will be very hot, but usually the handle on your glass measuring cup will stay cool enough to touch.

2 cups onion, chopped  
1 cup celery, chopped  
1/2 cup green bell pepper, chopped

2. Add onion, celery and bell pepper to Roux in measuring cup. Stir and return to Microwave. Sauté on **HIGH 3 minutes**.

4 cloves garlic, minced  
1/4 cup parsley, chopped  
1/4 cup green onion tops, chopped

3. Add garlic, parsley and green onion to Roux. Stir and return to Microwave. Sauté on **HIGH 2 minutes**.

Approximately 1/4 cup hot water.

4. Slowly add enough hot tap water to bring Roux to the 4 cup mark. Stir and you will make a smooth dark Roux in only 12 minutes.

# CHICKEN AND SAUSAGE GUMBO

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| 1 stick butter or 1/2 cup oil               | 2 quarts water                                 |
| 1/2 cup flour                               | salt and pepper to taste                       |
| 1 or 2 cloves garlic, minced                | Tony Chachere's Creole Seasoning               |
| 3 bunches green onions, chopped             | sliced okra (1 lb.) if desired                 |
| 4 or 5 ribs celery, chopped                 | Optional: tomato paste & can of diced tomatoes |
| 1 bell pepper, chopped                      | Bay leaves (optional)                          |
| 2 lbs. chicken, cut in pieces               |  |
| 2 lbs. link sausage, cut in 1/4 inch pieces |  |

Make a ROUX with butter and flour. Add garlic, onions, celery, bell pepper and sauté. If making a "tomato base" gumbo, add tomato paste. Add chicken and sausage and salt and liberal amount of Tony Chachere's seasoning. Add remaining ingredients. Bring to a boil. Reduce heat and simmer for about 2 hours.

Serve over approximately 1/2 cup rice in soup bowl. Add gumbo file', if desired. Serve with fresh warm French bread – or if you are at Wayne's house, you will be served Wayne's favorite cornbread! Either will do!

Other meats or seafood may be used in lieu of chicken: Shrimp and/or oysters, crabmeat, etc. Sausage is always used in thee gumbos I've had. A wonderful Gumbo is Oyster and Andouille Gumbo. (Andouille is a type of sausage which is difficult to find in Georgia, but which goes exceptionally well with oysters.)

# CHICKEN – SPAGHETTI CASSEROLE

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| 1 large hen                 | 2 cups canned tomatoes                                  |
| 1 stick butter or margarine | 1 16-oz. pkg. spaghetti (very thin)                     |
| 3 medium onions, minced     | 1/4 lb. mild cheese, grated<br>(I like American Cheese) |
| 2 bell peppers, minced      | 1 large can B & B mushrooms                             |
| 1 cup celery, chopped       | 1 clove garlic crushed                                  |

Boil hen in enough water to make 2 quarts of stock.

Sauté onions, peppers, celery and garlic in butter. Add 1 quart stock and tomatoes and simmer together.

Bone chicken and cut into rather large pieces. Mix with sauce and add mushrooms and put in casserole dish. Add spaghetti which has been cooked in chicken stock (drain before adding), mixing well with chicken and sauce.

Bake 40 minutes in 350° oven, sprinkle with grated cheese, and bake 20 minutes more. Serves 8-10.

(I usually use more cheese than called for. I add grated cheese to the sauce mixture after I add the spaghetti and mix it well. Then I bake 40 minutes, and sprinkle the top with more cheese and continue cooking for 20 minutes. It's a matter of choice.)

Served with salad and French bread, this makes a wonderful meal. Actually, it makes so much, I find that I can often fill two oblong dishes. I will then have one casserole for now and one to freeze for later, or to share with someone else.



Being a working mom with 2 boys that play every sport possible, my favorite recipes are quick and easy. Here are two of my favorites that can make a meal all on their own. *Tammie Graves*

## TATER TOT CASSEROLE

1 lb. ground beef (cooked & drained)	onion (optional)
1 can cream of mushroom soup	1 cup grated cheese
1 can cream of chicken soup	frozen tater tots

Mix all ingredients together except tater tots, pour mixture into 9 x 9 baking dish and cover with tater tots. Bake at 350° until bubbly and brown.

## PIZZA PIE

1 lb. ground beef (cooked & drained)	Topping:
1 jar pizza quick sauce	3/4 cup biscuit mix
2 cups grated cheese	1 cup milk
any other toppings you like	2 eggs

Mix meat and pizza sauce and any other toppings you like. Pour into 9 x 9 baking dish. Top with the cheese.

In a mixing bowl combine your biscuit mix, milk and eggs. Your topping mixture will be runny – just pour this over the cheese. Bake at 400° for approximately 30 minutes or until brown.

# BLACKENED CATFISH FILLETS

6 U.S. farm-raised catfish fillets	1 Tbsp. crushed dried thyme leaves
1/2 tsp. garlic powder	1/2 tsp. paprika
1 tsp. cayenne pepper	1 stick butter
1 tsp. black pepper	1/4 cup dry white wine
1 tsp. salt	juice of one lemon

Wash the catfish fillets and pat dry. Set aside. Combine all the dry ingredients in a small bowl and set aside.

Melt the butter in a pan. Add the lemon juice and mix well. Dip the fillets into the butter mixture. Sprinkle the fillets liberally with the spice mixture on both sides, and set aside.

When ready to cook, heat a black iron skillet on the stove until very hot. Carefully place the fillets in the skillet and cook for about 2 minutes on each side. Keep moving with a spatula to prevent sticking. When the fillets are cooked, remove them from the skillet. Remove the skillet from the burner. Pour the butter mixture into the skillet, quickly adding the wine, and stir. Pour the pan juices over the fillets and serve immediately.

# CATFISH WITH MUSTARD-DILL SAUCE

4 Tbsp. butter	1 Tbsp. Dijon mustard
4 U.S. farm-raised catfish fillets	1 cup heavy cream or milk
Salt and freshly ground black pepper	1 tsp. lemon juice
2 Tbsp. finely chopped shallots	2 tsp. minced fresh dill or 1 tsp. dried dill.
2 Tbsp. dry vermouth	Dash of hot pepper sauce

## **For Garnish: Lemon wedges**

1. Melt butter in a large skillet over medium heat until foaming but not browned. Season catfish fillets with salt and pepper. Add fillets to the skillet, two at a time, and cook for 5 minutes on each side or until fish flakes easily when tested with a fork. Using a slotted spatula, transfer the fillets to a platter and keep warm.
2. Add shallots to the same skillet and sauté until translucent. Add vermouth, mustard, cream or milk and lemon juice. Simmer until the sauce is slightly thickened. Stir in the dill and hot pepper sauce. Spoon some mustard-dill sauce on each serving plate and place a fillet on top. Garnish with lemon wedges and serve.

# PEPPER SEARED CATFISH WITH MUSHROOMS, PINENUTS & PANCETTA

2 U.S. farm-raised catfish fillets	1/4 oz. pinenuts, toasted
1 1/2 tsp. cracked black pepper	2 tsp. shallots
1/4 oz. pancetta, diced & blanched (or regular bacon)	1 tsp. Roasted garlic puree <sup>7</sup>
1/4 cup shiitake mushrooms*	1 tsp. lemon juice
1/4 cup oyster mushrooms*	1 tsp. each: fresh parsley, thyme, basil, chives
1/4 cup chanterelle mushrooms*	Olive oil for searing
	Salt & freshly ground black pepper

Preheat oven to 325°. Cut each catfish fillet into 2 portions. Season with salt and cracked black pepper.

In a medium sauté pan heat the olive oil over medium-high heat. When the oil is hot, place the catfish pepper side down. Sear each side for 1 – 2 minutes. Remove and place on a metal oven-proof dish and place in the oven for 3 – 4 minutes or until no pink shows.

In the reserved pan, sauté the mushrooms for about 2 – 3 minutes or until golden brown and crispy. Add the shallots and garlic and sauté for 15 – 25 seconds. Add the pinenuts, pancetta, lemon juice, fresh herbs, salt and pepper. Adjust seasonings to taste.

Place the mushroom ragout (mixture) on a warm plate. Top with the catfish. Serve with grilled asparagus and sweet potato.

\* Regular domestic mushrooms can be substituted.

# PAN SAUTEED CATFISH FILLETS WITH PARSLEY-PECAN SAUCE

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| 2 cups all-purpose flour           | 2 Tbsp. vegetable oil                          |
| 1 Tbsp. cayenne pepper             | 2 Tbsp. butter                                 |
| 4 tsp. salt                        | 2 cups Parsley-Pecan Sauce<br>(recipe follows) |
| 6 U.S. farm-raised catfish fillets |  |

1. Mix flour, cayenne pepper and salt in a shallow dish or on a piece of wax paper. Dredge each catfish fillet in the flour mixture, shaking off excess. Set aside on a wax paper-lined baking dish.
2. Heat 1 tablespoon of the oil and 1 tablespoon of the butter in a large skillet over medium heat until the butter is foaming but not brown. Add three of the fillets and cook for about 4 minutes or until lightly browned. Turn the fillets and spread some of the Parsley-Pecan Sauce over the top and cook for 2 minutes. Cover the pan and cook for about 2 minutes longer or until fish flakes easily when tested with a fork and sauce is melted. Using a spatula, place catfish on an oven-proof platter.
3. Add the remaining tablespoon of oil and tablespoon of butter to the skillet and cook the remaining fillets as directed above, coating them with the sauce. Reheat the catfish on the platter by briefly placing them under the broiler just before serving, if necessary.

## PARSLEY-PECAN SAUCE

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| 2 cups tightly packed fresh parsley,<br>(leaves & tender stems only) | 1/2 cup grated Parmesan cheese  |
| 1/2 cup olive oil  | 1/2 cup grated Romano cheese    |
| 1/2 cup broken pecan pieces  | 2 Tbsp. butter, cut into pieces |
| 1 large clove garlic, cut into pieces                                | Salt                            |

Place parsley in a food processor and coarsely chop, turning the machine on and off, and scraping down sides of bowl. Add olive oil, pecans, garlic, Parmesan and Romano cheeses and butter and process until mixture makes a smooth paste. Season with salt to taste. Store sauce, tightly covered, in the refrigerator.

# CATFISH PROVENCALE

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| 1 lbs. U.S. farm-raised<br>1/2 catfish fillets | 1 tsp. dried oregano, crumbled                     |
| 1/4 cup all-purpose flour                      | 1/2 tsp. dried tarragon, crumbled                  |
| 2 Tbsp. peanut oil                             | 1/2 tsp. dried thyme, crumbled                     |
| 1 8-oz. can stewed tomatoes                    | 2 Tbsp. dry white wine                             |
| 1/2 cup pitted black olives,<br>thinly sliced  | 1 tsp. cornstarch                                  |
| 2 medium cloves garlic, minced                 | <b>For garnish:</b><br><b>Minced fresh parsley</b> |

1. Dust catfish fillets with flour, shaking off excess. Set aside on a wax paper-lined baking sheet.
2. Heat peanut oil in a large skillet over medium-high heat. Fry the fillets, two at a time, in the hot oil for 3 or 4 minutes on each side or until fish flakes easily when tested with a fork. Place the fillets on a serving platter and keep warm.
3. In the same skillet, mix tomatoes, olives, garlic, oregano, tarragon and thyme. Stir the wine and cornstarch in a small bowl until combined. Pour the cornstarch mixture into the pan and cook over medium-high heat, stirring occasionally, until mixture comes to a boil and thickens. Spoon the sauce over the fillets, sprinkle with parsley and serve.